

2016 Term 1 Sport Selections

Sport selections for Term 1 next year will take place in Week 2. The table below is an outline of the sports being offered and each sport's requirements and costs. Please discuss your selections with your parents/guardians before committing to a sport. Remember you may not get your first preference so please have a backup sport choice.

Please note all year 7 students take part in a school based sport program during terms 1, 2 and 3 and will not select a sport until the end of Term 3. This is to develop their skills and knowledge in various sports before joining the school sport program.

SPORT	DESCRIPTION	COST PER WEEK
Soccer	Walk to/from Toormina Oval	FREE
Field games	Walk to/from Toormina Oval- Touch, Frisbee, Vortex, T-ball	FREE
Theatre Sports	At school- team based competitive drama games, e.g., miming, improvisation.	FREE
Chess/ Board games	At school- a variety of board games and card games.	FREE
Self Defence	At school- self-defence techniques based on MMA taught by qualified MMA instructors.	\$5
Gym Activities	Walk to/from Coffs Coast Health Club- the use of cardio equipment and weights.	\$5
Superstar sports	Walk to/from Coffs Health Club (Spring Loaded) - gymnastics and trampoline activities.	\$5
Walking/ Beach Games	Bus to/from Jetty/Sawtell beach - beach walking and various beach sports and activities, no swimming.	\$4
Ice Skating	Bus to/from The Big Banana - skates hired at venue each week. Beginners welcome- training frames available (no extra charge), students may wear long pants for protection.	\$4 - bus \$6 - activity
Indoor Games	Bus to/from Indoor Cricket Centre – students participate in a range of indoor games eg. futsal, volleyball, indoor cricket, dodgeball.	\$4 - bus \$4 - activity
Kegal	Bus to/from Kegal (9 pin bowling) – rotate through match games with your team, against other teams from our school group.	\$4 - bus \$4.50 - activity
Learn to Surf	Bus to/from beach- students will be taught how to surf or Stand Up Paddleboard by instructors. Board and rash vests provided. Initial/One off cost of \$80 required by the end of week 3 or student will be withdrawn.	\$4 - bus \$75 - tuition
Surfing	Bus to/(Various) – must provide own surfboard/body board, swimmers and rash shirt. Flippers are optional. For safety reasons, students MUST have completed and passed the THS Surf Survival Course or OSSA prior to entry into surfing group.	\$4 - bus
Tennis	Bus to/from Sawtell Tennis Club – students participate in group coaching and activities under instruction from Qualified ATA Coaches. Own tennis racquet required.	\$4 - bus \$5 - activity